



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 09246, Peaches, dried, sulfured, uncooked

Report Date: June 30, 2017 19:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 160g	1 half 13g
<strong>Proximates</strong>						
Water	g	31.80	29	0.515	50.88	4.13
Energy	kcal	239	--	--	382	31
Energy	kJ	1000	--	--	1600	130
Protein	g	3.61	25	0.105	5.78	0.47
Total lipid (fat)	g	0.76	24	0.020	1.22	0.10
Ash	g	2.50	25	0.103	4.00	0.33
Carbohydrate, by difference	g	61.33	--	--	98.13	7.97
Fiber, total dietary	g	8.2	--	--	13.1	1.1
Sugars, total	g	41.74	4	2.860	66.78	5.43
Sucrose	g	15.42	4	2.220	24.67	2.00
Glucose (dextrose)	g	12.83	4	2.967	20.53	1.67
Fructose	g	13.49	4	2.113	21.58	1.75
<strong>Minerals</strong>						
Calcium, Ca	mg	28	24	1.039	45	4
Iron, Fe	mg	4.06	24	0.120	6.50	0.53
Magnesium, Mg	mg	42	24	1.113	67	5
Phosphorus, P	mg	119	24	7.126	190	15
Potassium, K	mg	996	24	12.756	1594	129
Sodium, Na	mg	7	24	0.682	11	1
Zinc, Zn	mg	0.57	24	0.033	0.91	0.07
Copper, Cu	mg	0.364	24	0.025	0.582	0.047
Manganese, Mn	mg	0.305	3	0.027	0.488	0.040

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 160g	1 half 13g
Selenium, Se	µg	0.5	--	--	0.8	0.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	4.8	6	0.685	7.7	0.6
Thiamin	mg	0.002	21	0.001	0.003	0.000
Riboflavin	mg	0.212	21	0.009	0.339	0.028
Niacin	mg	4.375	21	0.072	7.000	0.569
Pantothenic acid	mg	0.564	--	--	0.902	0.073
Vitamin B-6	mg	0.067	1	--	0.107	0.009
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	12.7	--	--	20.3	1.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	108	21	6.687	173	14
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1074	--	--	1718	140
Carotene, alpha	µg	3	--	--	5	0
Cryptoxanthin, beta	µg	444	--	--	710	58
Vitamin A, IU	IU	2163	21	133.730	3461	281
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	559	--	--	894	73
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.19	1	--	0.30	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	0.00	0.00
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--	0.00	0.00
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	15.7	--	--	25.1	2.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.082	--	--	0.131	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 160g	1 half 13g
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.071	--	--	0.114	0.009
18:0	g	0.010	--	--	0.016	0.001
Fatty acids, total monounsaturated	g	0.278	--	--	0.445	0.036
16:1 undifferentiated	g	0.006	--	--	0.010	0.001
18:1 undifferentiated	g	0.272	--	--	0.435	0.035
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.367	--	--	0.587	0.048
18:2 undifferentiated	g	0.358	--	--	0.573	0.047
18:3 undifferentiated	g	0.009	--	--	0.014	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.002	--	--	0.003	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.010	--	--	0.016	0.001
Threonine	g	0.141	--	--	0.226	0.018
Isoleucine	g	0.104	--	--	0.166	0.014
Leucine	g	0.204	--	--	0.326	0.027
Lysine	g	0.116	--	--	0.186	0.015
Methionine	g	0.087	--	--	0.139	0.011
Cystine	g	0.029	--	--	0.046	0.004
Phenylalanine	g	0.114	--	--	0.182	0.015
Tyrosine	g	0.094	--	--	0.150	0.012
Valine	g	0.197	--	--	0.315	0.026

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 160g	1 half 13g
Arginine	g	0.092	--	--	0.147	0.012
Histidine	g	0.067	--	--	0.107	0.009
Alanine	g	0.215	--	--	0.344	0.028
Aspartic acid	g	0.602	--	--	0.963	0.078
Glutamic acid	g	0.548	--	--	0.877	0.071
Glycine	g	0.126	--	--	0.202	0.016
Proline	g	0.152	--	--	0.243	0.020
Serine	g	0.167	--	--	0.267	0.022
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD